



**Jacqui Campbell,
MS, RD, CDN**

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

**Let the
Living Well
Eating Smart
Team help!**

If you are interested to learn more about how Jacqui Campbell can help you and your family, contact her directly at:

**Jacqui.Campbell.RD
@gmail.com
(413) 504-4197**



Store Tour



Event Table



Cooking Demo



Support Group

Nutrition Events at Big Y®

Jacqui Campbell is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

WESTERN MASSACHUSETTS SCHEDULE OCTOBER 2019

October 8

Cranberry Month

11:30 AM – 1:30 PM
**Longmeadow Big Y
802 Williams St.**

With the local cranberry harvest underway, now's the time to learn the benefits of cranberries and how to use fresh, frozen and dried cranberries.



Event Table

October 9

Living Gluten Free

6:30 – 7:30 PM
**West Springfield Big Y
503 Memorial Ave.**

Join us for open conversation to discuss gluten-free living and sample gluten-free snacks, in collaboration with the National Celiac Association. We'll also take a brief walk through a handful of aisles.



Support Group

October 14

Apple Harvest Tasting

12:30 – 2:30 PM
**Northampton Big Y
136 North King St.**

It's apple harvest time. Sample a variety of locally-grown apples and learn various ways to enjoy this favorite fall fruit.



Event Table

October 15

Fighting Cancer with Your Fork

11:00 AM – 1:00 PM
**Springfield Big Y
300 Cooley St.**

Learn about dietary patterns that may help reduce cancer risk, sample protective foods and take home recipes you can easily make.



Event Table

October 15

Fighting Cancer with Your Fork

2:00 – 4:00 PM
**Wilbraham Big Y
2035 Boston Rd.**

Learn about dietary patterns that may help reduce cancer risk, sample protective foods and take home recipes you can easily make.



Event Table

October 29

National Oatmeal Day

10:15 AM – 12:15 PM
**East Longmeadow Big Y
441 North Main St.**

Oatmeal is versatile and nutritious. Come learn about the health benefits of oatmeal and how to include it into your meals and recipes.



Event Table

October 29

Heart-Healthy Eating

1:30 – 2:45 PM
**Wilbraham Big Y
2035 Boston Rd.**

Discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.



Store Tour



Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.